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Permit No. ARC 16/122

# The SANDY 10

SEAA: 10/138

**Sunday 10<sup>th</sup> April 2016 Start 10.30am**

The 33<sup>rd</sup> running of this prestigious 10 MILE Road Race

**Promoted by Biggleswade A.C.**

**Race Charity: Sue Ryder Care St John's Hospice Moggerhanger**

**Race Headquarters: Sandy Sports Centre, Engayne Avenue, Sandy, Beds. SG19 1BL**

Prizes/ Trophies 1<sup>st</sup> 3 Men, 1<sup>st</sup> 3 Ladies, 1<sup>st</sup>/2<sup>nd</sup> MV40, 1<sup>st</sup>/2<sup>nd</sup> MV50, 1<sup>st</sup>/2<sup>nd</sup> MV60, 1<sup>st</sup> MV70, 1<sup>st</sup>/2<sup>nd</sup> LV35, 1<sup>st</sup>/2<sup>nd</sup> LV45, 1<sup>st</sup>/2<sup>nd</sup> LV55, 1<sup>st</sup> LV65, Best age-graded performance (Roger Wadeley trophy); 1<sup>st</sup> Men's Team (4 team), 1<sup>st</sup> Ladies' Team (3 team). 1<sup>st</sup> Local Man & Lady (SG18 & SG19 postcodes).

Erlensee Cup (most runners in 10 mile Road Race and 3k Fun Run from the same affiliated club)

Runners are entitled to ONE individual prize ONLY. Quality tee shirt to all finishers.

Level 1 Medical Cover.

Parking on-site, male and female changing & showers, toilets, baggage store, refreshments.

PLEASE NOTE THAT FOR YOUR AND OTHER'S SAFETY **THE WEARING OF HEADPHONES IS NOT PERMITTED**

**3 Km FUN RUN Start 10.45am (Use Fun Run entry form)**

*3Km Fun Runners must be 9 years and over*

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Age on day of race \_\_\_\_\_

\_\_\_\_\_

M / F \_\_\_\_\_

\_\_\_\_\_

Email \_\_\_\_\_

Post Code \_\_\_\_\_

Tel No. \_\_\_\_\_

Affiliated Club \_\_\_\_\_

Affiliated to England Athletics (EA) or the Association of Running Clubs (ARC) - otherwise state "Unattached"

Tee Shirt size: Small  Medium  Large  XL

**Entry Fee 10 Mile Race Attached £13.00 Unattached £15.00**

**NO ENTRIES ON THE DAY**

*10 Mile Runners must be 17 years and over*

2 hour 10 min time limit

Please accept my entry for the Sandy 10 Mile Road Race. I am over 17 and medically fit to compete. I accept that I enter at my own risk and that the organisation will in no way be held responsible for any injury, accident, loss or damage that may arise before, during or after the event as a consequence of my participation in the race. I agree that my details as per my entry form being held on the organising club's computer database. I will abide by the ARC rules of competition. No refunds will be given.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Entries to: Sandy 10 Race Secretary, 23 Warden Hill, Everton, Sandy, Beds. SG19 2JT**

Cheques made payable to "SANDY TEN". Please enclose a S.A.E. if you require acknowledgement of your entry & instructions. You can check the List of Runners and view race instructions on our website - [www.sandyten.org.uk](http://www.sandyten.org.uk)

**YOUR RACE NUMBER IS NOT POSTED TO YOU. PLEASE COLLECT YOUR RACE NUMBER & CHIP ON THE DAY CLOSING DATE for Postal Entries - 1<sup>st</sup> APRIL 2016 or when the race limit is reached. NO ENTRIES ON THE DAY**

Enquiries to [enquiries@sandyten.org.uk](mailto:enquiries@sandyten.org.uk)